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Monday, February 25, 2013

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Public not keen on Toronto as a sanctuary: Poll

Council makes history. We're the 1st Canadian city to officially allow non-status migrants access to services

City council's recent vote allowing undocumented migrants access to services regardless of their immigration status doesn't match how Torontonians feel on the issue, according to a new public opinion poll.

A Forum Research survey of 806 respondents released Saturday found 51 per cent disapprove of council's 37 to 3 decision Thursday declaring Toronto a sanctuary city.

A total of 36 per cent approve of the decision, and 13 per cent don't know whether they do or not.

"It just looks like the city councillors are a little out of sync with the rest of the public," said Lorne Bozinoff, president of Forum.

"It's a little surprising.... Council usually has a very good feel for where the public's at."

"I don't think there was a lot of awareness (in the public) of this issue. I think it just came out of the blue and it took people by surprise," Bozinoff added.

The poll was conducted the day after the council vote. Toronto residents over 18 were surveyed, and the results are considered accurate plus or minus three percentage points, 19 times out of 20.

Toronto made history with Thursday's vote, becoming the first Canadian city with an official policy allowing undocumented migrants access to services, regardless of immigration status.

The vote also requires training of all city staff and managers to make sure the estimated 200,000 non-status migrants in Toronto can get access to services without the fear of being turned over to border-enforcement officers for detention or deportation.

TORSTAR NEWS SERVICE

'Lots of love' is the Layton way

Street named after Jack Layton is much like his message of hope: Olivia Chow PAGE 3

Brothers both face jail time

Olympic star Oscar Pistorius' older brother is facing charges in a woman's traffic death PAGE 7

Grad school's great, except...

A master's degree won't change your life or solve your financial problems, an expert says PAGE 23

She dreamed a dream and 'IT CAME TRUE'

The cult of so-called 'Hathahaters' likely cringed Sunday night when Anne Hathaway, accepting an Oscar for best supporting actress, cooed "It came true!" while cradling her award. But Hathaway's full-throated, one-take rendition of I Dreamed a Dream in Les Miserables was classic Oscar-winning stuff. For more coverage of the 85th Academy Awards, see pages 12 & 13. For full results, visit metronews.ca. KEVIN WINTER/GETTY IMAGES

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New pope

Toronto Cardinal dashes liberal Catholics' hopes for social reform

Cardinal Thomas Collins has dashed any lingering hopes of liberal-minded Catholics for social reform to drive the election of the next pope.

Speaking to reporters Sunday afternoon in Toronto just before leaving to catch a flight to Rome, where cardinals will soon begin the process of selecting a successor to Pope Benedict XVI, Collins described the biggest challenge facing the Church here as "rampant individualism."

Asked to say what the world's cardinals will be looking for in choosing Benedict's successor, Collins pointedly made no mention of the conservative social issues — the ban on women priests, celibacy for the priesthood, opposition to birth control — that liberal Catholics in the West so desperately want the Church to revisit.

Instead, he said, the biggest issues facing cardinals depends on where they come from.

"In some parts of the world, the challenge is persecution, and rampant individualism in other places — like this part of the world," said Collins.

TORSTAR NEWS SERVICE

Toronto Cardinal Thomas Collins
TORSTAR NEWS SERVICE

MPP Peter Tabuns, left, MP Olivia Chow and Coun. Paula Fletcher open Toronto's new Jack Layton Way on Sunday. This new street is part of the Bridgepoint Health redevelopment and replaces the existing Don Jail Roadway. RENE JOHNSTON/TORSTAR NEWS SERVICE

Jack Layton honoured with new street name

Homage. Speakers at the unveiling remember the late-NDP leader who died from cancer in 2011

It's the Jack Layton Way.

The new street name and, in turn, a saying were unveiled Sunday. The former federal NDP leader and city councillor's namesake road encompasses the Don Jail Roadway and a new street through the Bridgepoint Health redevelopment, which will include the historic jail.

"It's very fitting that we have a menacing jail ... and have it transformed to a place where there's healing, where there's hope, where there's lots of love," said Layton's widow, MP Olivia Chow. "That is so much the Jack Layton way."

Before the unveiling, she addressed a large crowd, dotted with buttons displaying terms including "arts" and "transit."

Speakers remembered Layton, who died from cancer in 2011, spending countless hours in the east-end community working on projects including East Chinatown's ornate gateway and the old Riverdale Hospital.

Although Layton didn't live there, he would ride his bike or take the streetcar, Chow said.

"When we come together, we have a power to make the difference," she said. "That is also the Jack Layton way."

TORSTAR NEWS SERVICE

Ceremonial walk

Guests at the unveiling

Other NDP MPs and MPPs were in the crowd at the name-unveiling of the road, as well as Jack Layton's children Sarah Layton and Coun. Mike Layton.

After unveiling the first sign, the group had its ceremonial first walk down street, before Chinese lion dancers unveiled a second sign at Broadview Avenue.

The first stretch of Jack Layton Way, beginning at St. Matthew's Road and outside a new Bridgepoint building, is brand new.

Coun. Paula Fletcher, who put forward the renaming motion to city council, said the part that was previously Don Jail Roadway will be redone before the end of the year when nearby construction finishes.

The redevelopment and road, which will connect the area to a park, are expected to be "a jewel in the neighbourhood to really improve the area for business and residents," said Sandro Marcuzzi of PCL Constructors.

In total, he said Jack Layton Way is about 150 metres.

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Rising numbers. Report outlines the dangers of precarious employment

The staggering rise of non-standard work in Greater Toronto and Hamilton cries out for public debate on how best to support people toiling in unpredictable jobs with no benefits or security, says a landmark report by McMaster University and United Way Toronto.

"The solutions are broader than raising the income of precariously employed people," says the report, titled It's More Than Poverty: Employment Precarity and Household Well-being, which was discussed at a Toronto symposium Monday.

The solutions must also address job uncertainty and the lack of control over work schedules that affect people's choices to have families, household harmony and the depth of their community connections, the report says.

The report, released Saturday, found that barely half of working adults in the Toronto and Hamilton regions have full-time employment with benefits and job security. It notes that precarious work in the region has increased by 50 per cent in the past 20 year.

Solutions lie in policies that either reduce the incidence of unstable work or mitigate its effects, the report says. And communities, governments and the private sector have to be part of the conversation.

TORSTAR NEWS SERVICE

Oakville

Pedestrian struck by GO train

Halton regional police say a trespassing pedestrian was struck and killed by a GO train Sunday morning in Oakville.

Police say the incident happened around 12:30 a.m. when a westbound GO train was near Third Line on the CNR line in Oakville.

About 80 to 100 passengers were on the train and all were able to disembark at the Bronte GO Station.

No injuries were reported among the passengers or the three-member crew. Train service was shut down briefly on the line. THE CANADIAN PRESS

Man shot five times outside after-hours club

Bloody weekend. Two North York men shot, Whitby man dead in three separate incidents

A 25-year-old man is dead after being shot five times in the parking lot of an after-hours club in North York early Sunday.

Police found Thuan (Tony) Nguyen lying face down in the snow Sunday shortly after 5 a.m., according to one officer.

Nguyen was pronounced dead outside Vy Vy Restaurant and Lounge at 435 Signet Dr., in the Steeles Avenue West and Weston Road area. According to police, he had been a guest at the after-hours Vietnamese lounge before he was shot to death.

"There was a large amount of people in the nightclub at the time of the shooting," said Det. Brian Borg.

The lounge is in the heart of a heavy commercial-industrial section of North York.

Police and homicide detectives carry a tarp to cover a body at the scene of a fatal shooting Sunday morning at Vy Vy Restaurant on Signet Drive near Steeles Avenue and Weston Road. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Surrounding businesses were closed for the weekend as usual, so the area was quiet as investigators used long rakes to brush aside snow and comb for any clues in and around the parking lot.

The shooting comes amid heightened concerns in the city and surrounding regions about gun violence.

Another man was also shot in a separate North York neighbourhood early Sunday. The victim was shot in the leg at 4:30 a.m. at Four Winds Drive near Finch Avenue West and Keele Street. He is being treated in hospital and has non-life threatening injuries.

Meanwhile, Durham Regional Police, who are investigating the death of a man on McCullough Dr. in Whitby Saturday, said based on new information they have reclassified it as a suspicious death instead of a homicide. No arrests have been made in the case and police said Sunday night they are not looking for any suspects.

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A Berlusconi comeback?

Italian elections. Billionaire media mogul tries for return to power in Italian elections which began Sunday

Italians are voting in a watershed parliamentary election Sunday and Monday that could shape the future of one of Europe's biggest economies.

When Silvio Berlusconi, the billionaire media mogul seeking an unlikely political comeback, showed up at a Milan polling place to cast his ballot, three women pulled off their sweaters to bare their breasts and display the slogan "Basta Silvio!" (Enough of Silvio) scrawled on their flesh. A cordon of police, already in place for security before the former premier's arrival, blocked Berlusconi's direct view of the women.

Police detained the women for questioning. Italian news reports said the three were members of the Femen protest group. On his way out of the polling station, Berlusconi made no direct comment on the protesters.

When Berlusconi stepped down in 2011, newspapers were writing his political obituary. At 76, he was blamed for mismanaging the economy and disgraced by criminal allegations of sex with an underage prostitute.

But Berlusconi has proven that he should never be counted out. In his campaign he has promised to give back an unpopular property tax. Even his purchase of Mario Balotelli for his AC Milan soccer team was seen as a ploy for votes.

THE ASSOCIATED PRESS

Police take away a woman protesting where former Italian Premier Silvio Berlusconi was voting, in Milan, Italy, Sunday. THE ASSOCIATED PRESS

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Cuba. Raul Castro to step down in 2018, taps rising star as his successor

Raul Castro announced Sunday that he will step down as Cuba's president in 2018 following a final five-year term, for the first time putting a date on the end of the Castro era.

Rising star Miguel Diaz-Canel is to be his top lieutenant and first in the line of succession.

The 81-year-old Castro also said he hopes to establish two-term limits and age caps for political offices including the presidency — an astonishing prospect for a nation led by Castro or his older brother Fidel since the 1959 revolution.

The 52-year-old Diaz-Canel is now a heartbeat from the presidency and has risen higher than any other Cuban official who didn't directly participate in the heady days of the revolution. "This will be my last term," the president said, his voice firm.

Castro hinted at other changes some so dramatic that they will have to be ratified by the people. Still, he scrapped any idea that the country would soon abandon socialism. THE ASSOCIATED PRESS

Fidel Castro and his brother, Raul, Sunday. THE ASSOCIATED PRESS

Afghanistan

U.S. special forces ordered to leave Wardak province

Afghanistan's president on Sunday ordered all U.S. special forces to leave a strategically important eastern province within two weeks.

The order came because of allegations that Afghans working with them are torturing and abusing other Afghans.

The decision seems to have caught the coalition and U.S. Forces Afghanistan, a separate command, by surprise. Americans have frequently drawn anger from the public. THE ASSOCIATED PRESS

Greece

Daring helicopter escape attempt foiled by guards

Greek prison guards have foiled an escape attempt by helicopter involving at least four inmates.

Authorities have identified only one of the prospective escapees, Panagiotis Vlastos, a convicted murderer and racketeer serving a life term. They say at least three other prisoners, all Albanian nationals, were also involved. The chopper was forced to land and its occupants were arrested. Vlastos was shot in the leg.

THE ASSOCIATED PRESS

Brother of Oscar Pistorius also charged in death of a woman

Accused of negligent killing. Carl Pistorius had charges dropped, then reinstated in fatal traffic accident

The murder case involving Olympic star Oscar Pistorius took another unexpected turn Sunday with the news that his older brother, Carl, is himself facing charges for the death of a woman in a traffic accident.

Carl Pistorius faces a charge of unlawful, negligent killing for a 2008 road death, "in which a woman motorcyclist sadly lost her life," Kenneth Oldwage, the Pistorius family lawyer, said on Sunday. The accident happened in Vanderbijlpark, south of Johannesburg. The charge of "culpable homicide" was dropped and then reinstated and will be challenged in court, the lawyer told The Associated Press.

To drop and then reinstate charges is "not uncommon in South African criminal law. The law specifically makes provision to allow charges to be dropped and then to be reinstated as a result of further investigations," said Jacob van Garderen, director of Lawyers for Human Rights. "It is a practical procedure, a process that is there to assist both sides."

This past weekend, model Reeva Steenkamp, who was shot to death by Oscar Pistorius on Valentine's Day, was on television again in a new episode of the reality show Tropika Island of Treasure 5, even though she was buried last Tuesday.

On Monday, Oscar Pistorius must report to the police station in Brooklyn, a suburb of the capital Pretoria, and sign in; a twice-weekly procedure that is part of his bail conditions.

Pistorius was released on bail Friday and stayed at the home of his uncle Arnold in Waterkloof. His brother Carl came to visit the house Sunday.

Oldwage said that "Carl deeply regrets the accident" and that a blood test showed he was not drunk at the time.

Oscar Pistorius was charged with premeditated murder, but the athlete says he killed his girlfriend accidentally, opening fire after mistaking her for an intruder in his home. THE ASSOCIATED PRESS

Investigator also charged

It is the second time someone associated with the case has been found to face a charge that had been dropped and reinstated.

- **The chief police investigator** faces charges of seven counts of attempted murder for allegedly shooting at a vehicle with seven passengers.
- **Hilton Botha** was removed from the Pistorius investigation following the revelations, and a new chief detective was appointed on Thursday.

Brother Carl Pistorius, right, and father Henke attend Oscar's bail hearing Tuesday. THEMBA HADEBE/THE ASSOCIATED PRESS FILE

Syrian rebels aim tanks at strategic police academy

Rebels backed by captured tanks launched a fresh offensive on a government complex housing a police academy near the northern city of Aleppo on Sunday, while the government hit back with airstrikes to try to protect the key installation, activists said.

If rebels capture the complex, it would mark another setback for President Bashar Assad. In recent weeks, his regime has lost control of infrastructure in the northeast, including a hydroelectric dam, a major oil field and two army bases along the road linking Aleppo with an airport.

Rebels have also been hitting the heart of Damascus with occasional mortar shells or bombings.

On Saturday, opposition fighters in the eastern province of Deir el-Zour overran a military post believed to have once been the site of a partly built nuclear reactor, which Israeli warplanes bombed in 2007. THE ASSOCIATED PRESS

Comic casualty

Also on Sunday, prominent Syrian comedian Yassin Bakoush was killed in Damascus.

- **Cause.** Sources disagree on which side's explosives were responsible.
- **Role.** Bakoush, 75, was known for playing dim-witted but likeable characters.

Nine-nation trip

John Kerry on gruelling tour for Syrian solution

U.S. Secretary of State John Kerry embarked Sunday on his first official overseas voyage in a mission for new ideas on the Syrian crisis.

Kerry left Washington to start a nine-nation, 10-day trip to Europe and the Middle East. In addition to Syria, he will focus on conflicts in Mali and Afghanistan and Iran's nuclear program. THE ASSOCIATED PRESS

Holy See ya later

Pope gives final Sunday blessing to Vatican crowd

Pope Benedict XVI bestowed the final Sunday blessing of his pontificate on a cheering crowd in St. Peter's Square.

"But this doesn't mean abandoning the church," he said, referring to his Thursday departure for a monastic life. "Prayer is not isolating oneself."

Tens of thousands have already asked for a seat for his last audience Wednesday. THE ASSOCIATED PRESS

Scotland

Cardinal under investigation for 1980s 'behaviour'

The Vatican is looking into allegations of "inappropriate behaviour" by Cardinal Keith O'Brien, Britain's most senior Catholic cleric, officials said Sunday. The claims come at a sensitive time, as cardinals prepare to choose the next pope.

British newspaper the Observer reported that three priests and a former priest made the allegations. THE ASSOCIATED PRESS

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Feds dispute dismal global freedom of information ranking

Canada dropped to 55th out of 93 countries. Harper government fights back, saying it has a solid record for openness

The Harper government is dismissing a report that ranks it 55th in the world for upholding freedom of information, saying it has a sterling record for openness.

But a four-page document outlining the federal rebuttal took five months to release after a request under the Access to Information Act — underscoring the very delay problem that contributed to Canada's dismal ranking.

A human-rights group based in Halifax has issued three report cards since 2011 on Canada's anemic standing in the world with regard to so-called right-to-know legislation.

Canada's information commissioner, Suzanne Legault, holds a press conference in Ottawa in 2012.
SEAN KILPATRICK/THE CANADIAN PRESS FILE

The Centre for Law and Democracy used a 61-point tool to measure Canada's legislation against that of other countries, in co-operation with Madrid-based Access Info Europe.

Canada's standing in September 2011 was 40th of 89 countries, fell to 51st in June last year, then to 55th of 93 countries last September, behind Mongolia and Colombia.

"While standards around the world have advanced, Canada's access laws have stagnated and sometimes even regressed," the centre concluded, noting Canada was a world leader in 1983 when its federal information law came into force.

The research won praise from Canada's information commissioner, Suzanne Legault, who said "the analysis that this group has done is going to be a really useful tool" in her own investigation into freedom-of-information issues.

But an internal memo last summer to Treasury Board President Tony Clement cites the report's "weaknesses," saying the methodology "does not allow for an accurate comparison of the openness of a society and of its government."

THE CANADIAN PRESS

Reform recommended

Lengthy extensions are an issue

A memo from Michelle d'Auray, then secretary of the Treasury Board that oversees the access-to-information system, criticizes the report and was among a group of records requested from the Treasury Board last September by The Canadian Press under the Access to Information Act.

The law requires a response within 30 days, but the agency gave itself a 120-day extension — four additional months — so it could consult with the Privy Council Office, Prime Minister Stephen Harper's own department.

The report card from the Centre for Law and Democracy found that such unilateral, lengthy extensions are invoked too often by federal departments, calling delay a "classical way of effectively denying requests."

"Public authorities should be limited to one extension of no more than 30 days, applicable only in appropriate cases," the centre said in a key recommendation for reform.

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Netflix and TV go together like a horse and carriage: Report

Usage. Almost 1 in 3 homes with kids under 12 has Netflix, and 36% of homes with teens do

Netflix Canada is growing in popularity. PHOTO ILLUSTRATION BY GETTY IMAGES

Canadian Netflix users stream an average of about an hour a day, watch another half hour's worth of content online and catch another hour and a half of broadcast TV, suggests a study.

Most Netflix customers are not so-called cord cutters — a term to describe consumers who have cancelled their cable or satellite plan in favour of other content options — according to the report by the Media Technology Monitor, based on surveys with thousands of Canadians.

In fact, Netflix users were found to be more likely than other consumers to shell out for a premium TV package, even while paying $8 a month for the streaming service. While 31 per cent of anglophone consumers said they pay extra for a premium TV package, the figure was 36 per cent among Netflix subscribers.

MTM estimated that about one in five anglophones were subscribing to Netflix in the fall and users watched an average of 6.4 hours on Netflix a week.

Subscribers appeared to be watching less TV on cable and satellite, 11.3 hours per week compared to the 14.9 hours that non-users watched. But when adding their Netflix streams and online content, they watched an average of more than 22 hours a week, well above the almost 16 hours for non-Netflix users.

THE CANADIAN PRESS

Case of the missing mural

A new stencilled rat holding a sign that reads "Why?" appears on the side of a shop beside where the old Banksy artwork was removed in London, England. The original artwork — Slave Labour — vanished earlier this month. It appeared on the website of a Miami auction house, due to be sold Saturday with an estimated price of between $500,000 and $700,000. But the BBC reported that the auction house confirmed the piece had been withdrawn from sale. JORDAN MANSFIELD/GETTY IMAGES

'Sequestration'

Canadians to feel the pain of U.S. debt reductions

Canada will feel the sting if U.S. Congress fails this week to avert what's known as sequestration, an array of massive spending cuts to a host of federal departments and agencies aimed at slashing America's $16-trillion national debt.

On Thursday, $85 billion in cuts for this fiscal year alone are slated to kick in. All told, sequestration would amount to $1.2 trillion in budget reductions by 2021.

For Canadians, that means shopping trips to border communities will almost immediately become a hassle as they're confronted with waits of several hours at busy entry points. They'll also feel the effects when they fly, as U.S. officials cancel flights and shutter some control towers and airports.

Exporters, meanwhile, will face far longer cargo-processing times at borders as well.

THE CANADIAN PRESS

Samsung unveils Galaxy Note 8.0 tablet

Samsung Electronics is beefing up its tablet range with a competitor to Apple's iPad Mini that sports a pen for writing on the screen.

The Korean company announced on Sunday in Barcelona that the Galaxy Note 8.0 will have an eight-inch screen, putting it very close in size to Apple's tablet, which launched in November with a 7.9-inch screen. It's not the first time Samsung has made a tablet that's in the Mini's size range: Its very first iPad competitor had a seven-inch screen, and it still makes a tablet of that size, but without a pen.

Samsung will start selling the new tablet in the April to June period, at an as-yet-undetermined price. It made the announcement ahead of Mobile World Congress, the wireless industry's annual trade show, which starts today in Barcelona, Spain.

The Note 8.0 fills a gap in Samsung's line-up of pen-equipped devices between the Galaxy Note II smartphone, with its 5.5-inch screen, and the Galaxy Note 10.1, a full-size tablet.

Samsung has made the pen, or more properly the stylus, one of the tools it uses to chip away at Apple's dominance in both tablets and high-end smartphones. Apple doesn't make any devices that work with styluses, preferring to optimize its interfaces for fingers, mice and touchpads.

On Samsung's Note line, the pens can be used to write, highlight and draw. The screens also sense when the mouse hovers over the screen, providing an equivalent to the hovering mouse cursor on the PC. However, few third-party applications have been modified to take full advantage of the pens.

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CAN-132031_1303_TORMET

SOLUTIONS TO HOMELESSNESS PROBLEMS START WITH CONVERSATION

URBAN COMPASS
Matt Elliott
toronto@metronews.ca

In the debate about shelters and homelessness, both sides have their numbers.

On one side, represented mostly by Mayor Rob Ford and his allies on city council, who last week voted to delay debate on the subject until next month, there's this: 172. That's the number of shelter beds that went empty and unused on Feb. 8. In fact, Toronto's shelter system has capacity each and every night, with an average vacancy rate of about four per cent.

A set of talking points sent out by Ford's office last week asked the blunt question: "how many more empty beds should taxpayers pay for?"

But then there's the number on the other side, represented loudly by the Ontario Coalition Against Poverty. Recently, OCAP made headlines when they attempted to turn the mayor's office into a shelter. They've since promised more action following last week's council vote to delay.

Their number, for now, is eight.

That's how many homeless people have died on the streets in Toronto so far in 2013. It's a number that puts Toronto on pace to break its record for the number of street fatalities in a single year. It's a number that everybody should be concerned with, especially when you consider that, according to the homeless memorial maintained by Church of the Holy Trinity, there have been 700 such deaths since the 1980s.

It's a number that forces us to ask: are we the kind of city that turns a blind eye when people die on our streets?

Still, it's important to consider the apparent contradictions in these numbers — homeless are dying even as shelter beds go reported as unused. This can't totally be a question of inadequate funding. As they'll tell you, the Ford administration has not made deep cuts to shelter services over the last few years. And shelter workers say that no one seeking a bed will ever be turned away.

No, this is a problem that runs deeper than numbers. It relates to a complicated tangle of issues, having to do with the availability of mental-health treatment, the lack of affordable, long-term housing options and the general state of Toronto's shelters, some of which may offer less safety than a makeshift bed outside.

This cold winter, I don't know that anyone can claim to have easy answers to the problems facing people forced to live on Toronto's streets.

But I do know one thing. Solutions are not found by ignoring the problem or delaying debate, as the mayor and some city councillors voted to do last week. Progress is not made by shunting the issue to another meeting, another time. If this city is serious about bringing its people in from the cold, we have to start with a conversation.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

OCAP protesters hang on to their sign in council chambers last week as a security guard attempts to take it from them after a motion by Coun. Adam Vaughn to open up the debate on city shelters was voted down.

BERNARD WEIL/TORSTAR NEWS SERVICE

Final finish line for centenarian

KIN CHEUNG/THE ASSOCIATED PRESS

Setting the pace

Oldest marathon runner retires

The world's oldest marathon runner ran his last race on Sunday at the age of 101.

Fauja Singh finished the Hong Kong marathon's 10-kilometre race in a time of one hour, 32 minutes and 28 seconds.

The Indian-born runner, nicknamed the Turbaned Torpedo, had said that he would hang up his sneakers after the race in the southern Chinese city, just before his 102nd birthday.

THE ASSOCIATED PRESS

Rising from the ashes

"From a tragedy has come a lot of success and happiness."

Fauja Singh, world's oldest marathon runner.

Singh explained that he took up running as a way to get over depression after his wife and son died in quick succession in India. The death in 1994 of his son took a particularly hard toll on Singh because of its grisly nature. Singh and his son, Kuldip, both farmers, were checking on their fields in the middle of a storm when a piece of corrugated metal blown by the wind decapitated Kuldip in front of his father's eyes.

Toronto marathon man

- Singh, a great-grandfather, became the oldest man to run a full marathon in Toronto in 2011, at the age of 100. But his record was not recognized by Guinness World Records because he doesn't have a birth certificate to prove his age. Singh has a British passport that shows his date of birth as April 1, 1911, while a letter from Indian government officials states that birth records were not kept in 1911.

Long-distance trek

Starting to run was no sweat

Singh went to live with his youngest son in London, England, after his other son died. That's where Singh attended tournaments organized by the Sikh community and he took part in sprints.

He met some Sikh marathon runners who encouraged him to take up long-distance running. One day he saw a marathon on television for the first time and decided that's what he wanted to do, too.

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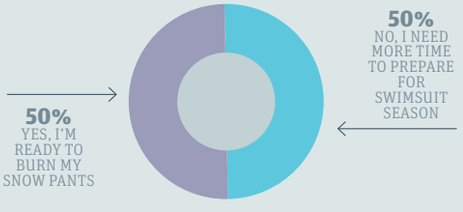
Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Are you counting down the days till spring?



Twitter

@Liam_Toronto: The #Oscars should be covered like the Super Bowl: a 6 hour pre-game show w/ a POTUS interview so Obama can give his best picture pick.

@Overlaid: Life of Pi is trending in #Toronto. Good to know some have excellent taste. #Oscars

@fredela: Watching the Red Carpet. Loving every dress so far.

@SarahAnaDesigns: Wish my jewellery could be on the red carpet one day! #oscars #jewellery #diamonds

@broolee: I don't care what anyone says, I think Seth Macfarlane is going to be a great, funny host. I'm really looking forward to it! #oscars

@averydanika: #AcademyAwards red carpet = my Super Bowl.

metro

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3021 Argentia Rd.
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1800 Sheppard Ave. E
Cedarbrae Mall
1900 Eglinton Ave. E
3300 McNicoll Ave.
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2555 Victoria Park Ave.
411 Kennedy Rd.
3495 Lawrence Ave.
1448 Lawrence Ave. E
5661 Steeles Ave. E, Unit 5
19 Milliken Blvd., Unit U
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2400 Bloor St. W
919 Bay St.
525 University Ave.
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Oriental Centre Mall
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1118 Finch Ave. W, Unit 1
6236 Yonge St.
3850 Sheppard Ave.
280 Spadina Ave.
4438 Sheppard Ave. W, Unit 151
900 Dufferin St., Kiosk 4010
1000 Gerrard St. E, Unit K2
618 Sheppard Ave. W
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333 Bloor St. E
2120 Queen St. E
8 Wellesley St. E
1965-1971 Yonge St., Unit A
120 Front St. E
660 Eglinton Ave., Unit 104
3151 Yonge St.
808 York Mills Rd., Unit 15-17
2400 Eglinton Ave. W
2900 Warden Ave.
130 King St. W., Unit CW15
3401 Dufferin St., Unit 108
1 Yorkdale Rd., Unit 180
1 Dundas St. W, Unit Z010
220 Yonge St., Unit H014
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The cast of Argo accepts the best picture award at the 85th Academy Awards in L.A. on Sunday. ALL PHOTOS GETTY IMAGES

A mixed bag at the Oscars

Hollywood's highest honour. Metro looks at the highlights of the 85th Academy Awards

NED EHRBAR
Metro World News in Hollywood

It was Ben Affleck's night as his film, Argo, earned the top prize at the 85th Academy Awards. Despite Affleck being shut out of the best director race, his CIA-meets-Hollywood drama snagged the top prize of best picture in a night of scatter-shot awards distribution. Argo also earned Oscars for best adapted screenplay and for best editing.

Outside of the best picture race, there was no movie that had a clean sweep. Ang Lee's Life of Pi came closest, earning four awards — the most of any film this year — including best director for Lee, while Les Misérables scored three. Jennifer Lawrence earned the only award for Silver Linings Playbook, winning her first Oscar for best actress.

Daniel Day-Lewis also made movie history by becoming the first actor to win three best actor trophies after his win for Lincoln.

Jennifer Lawrence

Daniel Day-Lewis

As expected, Michael Haneke's Amour won for best foreign language film and Anne Hathaway earned a trophy for best supporting actress for her role in Les Misérables as the tragic Fantine.

"I look up to you all so much, and it's just been such an honour," Hathaway said, paying tribute to fellow nominees Sally Field, Amy Adams, Jacki Weaver and Helen Hunt.

And Adele easily took the best song category for Skyfall, breaking down in tears in the middle of her speech and letting co-writer Paul Epworth finish up.

In a rare Oscars tie, the award for best sound editing was shared by Zero Dark Thirty and Skyfall. For history buffs, the last time there was a tie for an Oscar was in 1968, when Barbra Streisand shared the award for best actress with Katharine Hepburn.

Awards aside, the ceremony itself was something of a mixed bag, led by Family Guy creator and best song nominee Seth MacFarlane, known for both his love of old-school crooning and envelope-pushing humour.

MacFarlane opened the show by doing the seemingly impossible: making usually dour Tommy Lee Jones smile and laugh. He also poked fun at other nominees: "If you bumped into Don Cheadle on the studio lot, did you try to free him?" he asked nominee Day-Lewis. "How far did your method go?"

His monologue was interrupted by William Shatner on screen chastising him for doing a poor job, including singing a song about Oscar-nominated actresses going topless called We Saw Your Boobs.

But it was rough sailing from there, including awkward bits by Paul Rudd and Melissa McCarthy and the cast of the Avengers. The choice to use the theme from Jaws to play off winners when they go long was also particularly odd.

One of the highlights of the ceremony was a rendition of Goldfinger by Dame Shirley Bassey during a tribute to the Bond franchise, even if it did seem too brief. And Catherine Zeta-Jones wowed the audience with All That Jazz from Chicago during a tribute to movie musicals.

Looking ahead

Even before the Oscars had been handed out, some were already looking toward next year's contenders.

- According to Deadline, deals are reportedly in the works for perennial awards season heavyweight the Weinstein Company to acquire Grace of Monaco, starring Nicole Kidman as Grace Kelly, and Mandela: Long Walk to Freedom, starring Idris Elba as Nelson Mandela.

Metro's Dorothy Robinson and The Kit's Nadine Anglin give us their take on the best and worst of the red carpet of all red carpets at the 85th Academy Awards in L.A. on Sunday

Red carpet hits ... and misses

1 Jennifer Lawrence

First glance. Jennifer Lawrence's gown looks like it was made from curtains, von Trapp style, but with a fab tailor. **DOROTHY ROBINSON**

2 Jessica Chastain

Va-va-va-voom! This is the way to do sexy at the Academy Awards. The nude, jewel-encrusted dress hugs every curve. **NADINE ANGLIN**

3 Bradley Cooper

A classic tuxedo for a classic leading-man type. But really, Bradley could wear a paper bag and look dashing. **NADINE ANGLIN**

On the web

For more Oscar fashion coverage, visit TheKit.ca

4 Anne Hathaway

Um. Did I just see Anne Hathaway's nipple? Did you? Help. Someone help me. Did I just see that? Guys. Someone get Anne Hathaway's stylist on the phone STAT. **DOROTHY ROBINSON**

5 Kerry Washington

The jewelled bodice is dazzling and the red colour was the perfect complement. Kerry is a hip glamour girl and a style icon on the rise. **NADINE ANGLIN**

6 Channing Tatum

Channing Tatum's tux looks like my prom date's rental. From 1997. **DOROTHY ROBINSON**

Oscar tweets

@TheAcademy
Everybody's a winner at the #Oscars tonight. Except, of course, for the people that lose.

@ericasara
Seeing tweets criticizing women's bodies on red carpet, esp from magazines representing health industry = extremely disappointing #FAIL

@AustenGilliland
Oscars, shmoscars, make some soup!

@Sid_Seixeiro
Dear Wife: You watched the entire Super Bowl. I will now sit through three hours of Red Carpet on E! We're even. Signed, Me.

@SarahInMI
My red carpet look? Oh, that'd be Old Navy flannel pajamas from their Fall 2011 collection.

@OwenBenjamin
It's funny watching fashion people pretend every tux doesn't look exactly the same.

The Word

Oscar swag

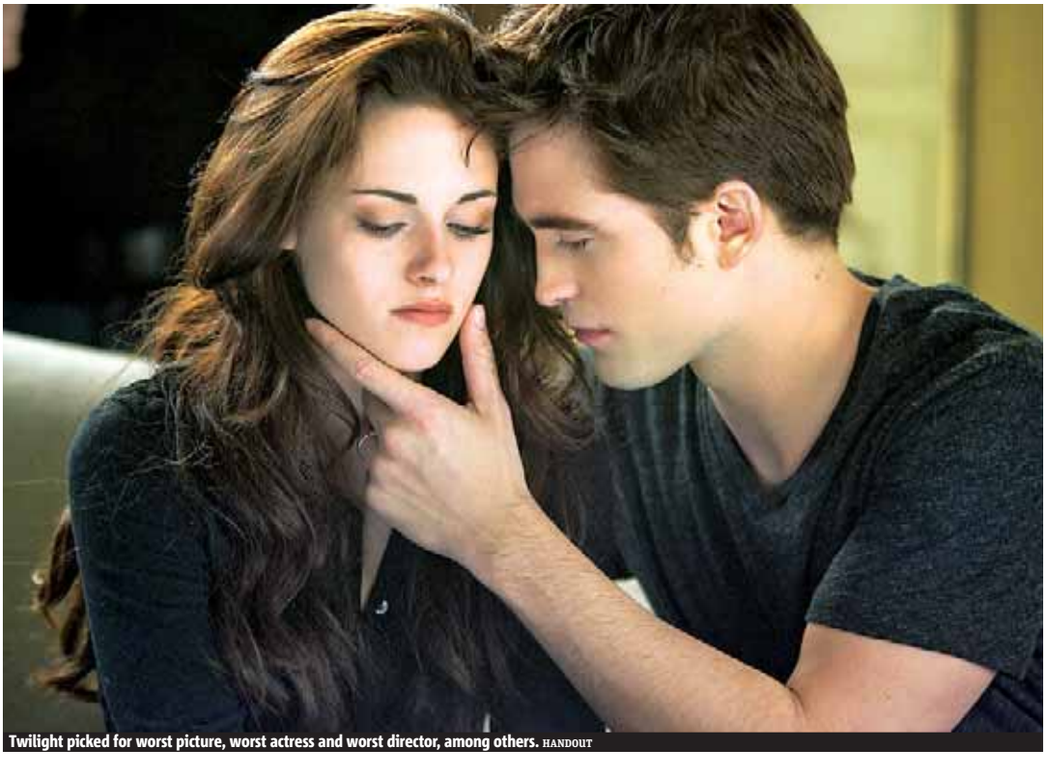
THE WORD
Dorothy Robinson
scene@metronews.ca

It may be an honour just to be nominated for an Academy Award, but it's also lucrative. Just check out the gift bag all nominees receive, cultivated by Distinctive Assets:

- A trip to Australia worth $12,000
- A one-week, all-inclusive trip to a fitness retreat worth $4,100
- A three-night stay at the St. Regis in Punta Mita, Mexico, worth $3,000
- A $20 box of Naked Condoms
- A $40 electronic cigarette
- A $795 water filtration system
- $60 worth of gluten-free macaroons
- $406 worth of anti-aging hand lotion
- $530 worth of Sedu hair-styling tools
- $250 worth of Diet Pepsi
- A Samsung WB150F Wi-Fi-powered camera
- And a $20 book, Take 2: Your Guide to Happy Endings and New Beginnings, by Leeza Gibbons. Because that's exactly what struggling actress Jessica Chastain needs — a self-help book by the former host of Entertainment Tonight.

I'd like to thank my lack of emotions: Stewart gets a Razzie

Razzies. Awards handed out the night before Oscars for Hollywood's worst movies



Twilight picked for worst picture, worst actress and worst director, among others. HANDOUT

The Twilight team finally has earned some love — or loathing — from Team Razzies.

The Twilight Saga: Breaking Dawn — Part 2 was picked as last year's worst picture Saturday by the Razzies, an Academy Awards spoof that hands out prizes for Hollywood's lousiest movies on the eve of the Oscars.

The finale to the blockbuster supernatural romance dominated the Razzies with seven awards, including worst actress for Kristen Stewart, supporting actor for Taylor Lautner, director for Bill Condon and worst screen couple for Lautner and child co-star Mackenzie Foy.

Adam Sandler was named worst actor for the raunchy comedy That's My Boy, his second-straight win after 2011's Jack and Jill, which swept all 10 Razzie categories a year ago. Pop singer Rihanna won worst supporting actress for the action dud Battleship.

Twilight movies had been well represented in Razzie nominations over the years but had not won any key awards there. Razzie voters joke that as with The Lord of the Rings finale winning best picture at the Academy Awards, they were waiting for the last Twilight flick on which to heap their scorn.

"I have a pet theory, which is that the box office on Twilight films is very impressive, but my theory is that instead of 40 million individual girls going to see it, it's eight million girls going to see it five times each. People who love those movies just adore them," said Razzies founder John Wilson. "I believe the attitude of people who really love Twilight movies toward this subject is very similar to the pomposity with which the Academy Awards addresses the whole rest of the world. Our whole existence is all about making fun of pompous, so Twilight really is right up our alley."

The Twilight finale also won for worst screen ensemble and worst remake, rip-off or sequel. For worst picture, it beat out Battleship, That's My Boy, the family flick The Oogieloves in the Big Balloon Adventure and Eddie Murphy's comedy flop A Thousand Words.

Rihanna in Battleship. HANDOUT

Stewart's worst-actress prize came for both Twilight and her fairy-tale update Snow White and the Huntsman.

In the five Twilight movies, Stewart stars as sullen teen Bella Swan, who falls for ageless vampire hunk Edward Cullen (worst-actor nominee Robert Pattinson) and finds herself at the centre of a love triangle with him and her childhood pal, werewolf stud Jacob Black (Lautner).

Stewart set a consistent standard of emotional stoniness throughout the Twilight movies, Wilson said.

"Acting should involve having an expression on your face, and she is blank, other than the morose kind of half-Goth thing her character does," Wilson said. "I didn't realize Snow White and Bella were soul sisters, because of the very limited range of what she can do. I think it was Dorothy Parker who said about Katharine Hepburn that she runs the 'gamut of emotions from A to B.' Kristen Stewart is so expressionless she might as well be a brick wall."

THE ASSOCIATED PRESS

That's My Boy

Sandler's That's My Boy, which also won the worst-screenplay Razzie, flopped at the box office and continues a gradual decline in receipts for the comic actor's movies. "He's an enormous star who is on what I call the 'down-alator' of his career," Wilson said. "He's about to step off the same cliff Eddie Murphy stepped off about 10 years ago. Eddie Murphy has never come back, and Murphy is more talented."

Letting the Devil in

Hell's Bell. Ashley Bell returns as lead in The Last Exorcism Part II

CHRIS ALEXANDER
Metro World News

In Hollywood, it ain't over until it's over, and when a film tanks at the box office, it most certainly is over.

But Daniel Stamm's 2010 mock dock shocker The Last Exorcism, produced by Eli Roth, did not tank theatrically, rather it did very well, transforming its meager budget into big returns. So it made sense to revisit the same pea-soup spewing well, thus we have the awkwardly titled The Last Exorcism Part II, a film that abandons the first picture's shaky-cam esthetic in favour of a straightforward narrative.

Thankfully, one element that does remain a constant is the ethereal presence of American actress Ashley Bell (The Day) as the bedeviled lead.

Bell once more plays Nell, the possessed girl set up by her own kin to birth the Antichrist. The sequel finds her now removed from her oppressively evil rural home and loose in the world, still infected with Satan but this time she kinda likes it.

"Nell has devolved in the sense that we find her broken and in re-exploring her I had to put her back together," Bell told Metro.

"In those missing pieces, that's where there's room for doubt for the Devil to creep in and wreak havoc. Being suddenly exposed to things that have been forbidden like lipstick, a boyfriend, her first kiss ... it's like there's a love story going on with the Devil, a whole dance that she does with him and it changes her."

The urgency of the original was exemplified in Bell's raw physical performance, one that saw her do all her own eye-popping contortions and spastic back bends. The followup sees her getting even more bent out of shape, to the point that she sustained some legitimate wear and tear.

"This film was really demanding," says the actress, "and a huge part was to be able to do everything myself again. In the trailer, you can see that I had to do this levitating back bend and I really did it and have the stress fracture in my vertebrae to prove it. The physical therapist had to pop my shoulder blades back in after every take. It was challenging but exhilarating."

Bell's star is slowly rising, with three diverse genre films in the pipeline this year and even a directorial debut in Love and Bananas, a tender doc about Cambodian elephants.

"I'm having a blast and love being busy," Bell says. To the devil with idle hands, indeed.

CanCon

The Last Exorcism II is once more ushered to screen by the prolific Eli Roth (Hostel, Cabin Fever) but this time, it's directed by a local lad, Toronto-based indie filmmaker Ed Gass-Donnely (son of controversial theatre honcho Ken Gass), a burgeoning master stylist in his own right.

- "I was a huge fan of Ed's film Small Town Murder Songs," Bell admits. "He did everything on it, writing, directing, editing and doing the score. His attention to detail is outstanding and he had a collaborative set. It was a great environment to be a part of as an actress."

Ashley Bell says playing Nell in The Last Exorcism Part II was a demanding role. HANDOUT

Box Office

Melissa McCarthy in the Identity Thief. HANDOUT

Identity Thief steals top spot at box office again

Hollywood's latest films performed tepidly at the box office on Oscar weekend, with Melissa McCarthy's Identity Thief returning to the top spot in its third week of release.

According to studio estimates Sunday, the Universal comedy earned $14.1 million over the weekend, enough to regain the box-office title after losing it last week to Fox's A Good Day to Die Hard.

With a cumulative total of $93.7 million, Identity Thief is the biggest hit so far in 2013.

THE ASSOCIATED PRESS

'I had to take my pants off to win a trophy': McConaughey gets in the Spirit

The oddball romance Silver Linings Playbook was named best picture Saturday at the Spirit Awards honouring independent film, Hollywood's last pre-game show before the Academy Awards.

Silver Linings Playbook led with four wins, including best actress for Jennifer Lawrence and director and screenplay for David O. Russell.

The film centres on the relationship between a man (Bradley Cooper) just out of a mental hospital and a young widow (Lawrence).

The Sessions earned two acting prizes — for John Hawkes as a man in an iron lung hoping to lose his virginity and Helen Hunt as the sexual surrogate helping him through it.

The award for best supporting actor went to Matthew McConaughey as a flamboyant stripper in Magic Mike.

In barely three years, Lawrence, 22, has risen from a relative unknown to superstar hero of The Hunger Games franchise. Her quick ascent began with another Spirit Awards nominee, Winter's Bone, which won the top honour at the 2010 Sundance Film Festival and earned Lawrence her first Oscar nomination.

Actress Jennifer Lawrence accepts the award for best female lead for Silver Linings Playbook at the Independent Spirit Awards on Saturday in Santa Monica, Calif. CHRIS PIZZELLO/INVISION/THE ASSOCIATED PRESS

Lawrence said she loves independent film for the thrill of freezing with the crew in the middle of the night because they all believe in a story.

"That's why I do what I do. I love that feeling. I mean, I'd rather be warm," Lawrence said.

McConaughey, also a best-actor nominee at the Spirit Awards for Killer Joe, is a Hollywood A-lister but a relative newcomer to key film awards.

"I had to take my pants off to win a trophy," McConaughey said, adding that five of his last six films were independent productions and the "most creative fun of my acting career, hands down."

Silver Linings Playbook filmmaker Russell noted that his initial trip to the Spirit Awards was 19 years ago, when he won the prize for best first film for Spanking the Monkey.

His son Matthew, an inspiration for Silver Linings because of his battle with bipolar disorder, was a year old at the time, and was in the crowd to watch his father claim his award.

"He gave me this movie, so I want to thank him, Matthew, for this movie," Russell said.

The film's producers said they had expected fellow Oscar best-picture nominee Beasts of the Southern Wild to win the top Spirit Award, but they gushed praise for filmmaker Russell.

"Your brilliance as a filmmaker is without peer. Your spirit of collaboration knows no bounds," said producer Jonathan Gordon.

The ceremony was hosted by Adam Samberg at the awards' usual venue, a tent along the beach in Santa Monica just west of Los Angeles. It is presented by Film Independent, a group of filmmakers, industry professionals and cinema buffs. THE ASSOCIATED PRESS

Theo James, left, plays Walter William Clark, Jr., Kevin Alejandro plays Tony Arroyo and Chi McBride plays Det. Don Owen in the new cop drama Golden Boy. HANDOUT

Golden Boy makes no apologies for being your basic cop drama

Police procedural. New show pairs grizzled vet with a hotshot kid who's destined for big things

There's a reason cop procedurals are a staple on primetime television, says veteran small screen star Chi McBride.

"People like them," McBride says simply.

The former House and Boston Public co-star is unapologetic in describing his new show Golden Boy as your basic cop drama, with a villain-of-the-week story structure.

"We're going to have to catch somebody (every week) but what really drives the show is the characters and the relationships," he added during a promotional stop in Toronto last spring.

"What these people are like when they're not at work and how their work intertwines with their personal lives and how their relationships and the alliances that they form and the bridges that get burned, how it all configures into the life story. And just basically the human condition as it applies to someone who is in law enforcement."

McBride plays weathered New York police Det. Don Owen, a 23-year vet on the brink of retirement.

He's partnered with young buck Walter William Clark, Jr., a 27-year-old hotshot and former street kid who is promoted to homicide after just three years walking the beat.

We learn early on that Clark, played by Brit actor Theo James, eventually climbs the ranks all the way to the commissioner's office. At 34, he becomes the youngest man ever to claim the chair.

Clark's story is told largely through flashback, with his youthful exploits book-ended by current-day scenes of an older, wiser Clark reflecting on mistakes and hinting at storylines yet to come.

"There are certain things I expected when I started out. But getting here was a long road," the older Clark says in the pilot, revealing a barely noticeable limp as he paces his office and takes questions from a reporter.

THE CANADIAN PRESS

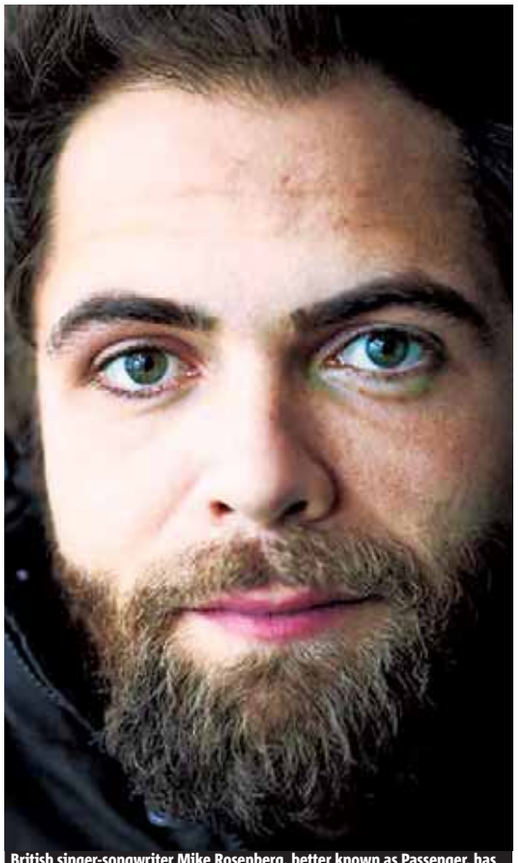
A golden opportunity

"I thought it was very well-written, the characters are very well-drawn."

Actor Chi McBride, explaining that he was drawn to Golden Boy by its solid script.

Air time

- Golden Boy starts Tuesday on CTV and CBS.



British singer-songwriter Mike Rosenberg, better known as Passenger, has scored a hit with his single Let Her Go. MARIE KJELLVANDER

From busker to big time: Passenger takes his sudden success in stride

Rags to riches. Playing street corners helped Mike Rosenberg recall why he loves music

CAROLINE WETTERBORG
Metro World News in Sweden

Mike Rosenberg, a.k.a. Passenger, may be the man behind one of the winter's hit songs, Let Her Go, but his humble beginnings have evidently stayed with him. So don't expect the British singer-songwriter to proffer any grand explanations for why his work is suddenly resonating.

"It is a simple idea, a simple melody, it's sad and it speaks to people," he says of Let Her Go. "I don't know, but I think that everybody can relate to the sentiment, 'You don't know what you've got until it is gone.'"

He was one of five members of the band Passenger who split and went their separate ways after just one album in 2007.

"I didn't know if or how I could continue with music. I didn't have any money either, so I thought that while I'm figuring that out I'll go out busking," says Rosenberg.

As it turned out, busking was how he turned into the solo artist Passenger.

"Before that I really wanted to make it big and sign a huge record contract (because of) traditional ideals about the music industry that you have when you are a kid," he says.

"But busking made me understand that wasn't the reason why I play music. I love music because I can connect with people and communicate how I feel."

His career really took off last year when he was touring with British singer-songwriter Ed Sheeran. During the winter, Passenger played sold-out venues in Europe. Has the rapid success affected him?

"I think that the busking and coming up so slowly have worked against it. When you play in the street, it is raining, nobody is listening and you live in a strange hostel with 16 other strangers, worrying about your guitar being stolen — when you've gone through all that and never, never dreamed that this could happen. I stopped hoping. Now that it is happening I just feel so happy and grateful."

You Tube views

- Let Her Go has more than nine million views on YouTube. Passenger's new album, All the Little Lights, is out now.

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Pop goes the week

Britney's bodyguard gets a new job and will.i.am gets a new car

STARGAZING
Malene Arpe
scene@metronews.ca

Britney Spears' ex-bodyguard, who once sued her for allegedly harassing him by flashing her lady parts, has become a ghost hunter. I guess nothing can scare him after having seen ... (Nope. No. No, you're not. – ed)

Author Hilary Mantel, who wrote that book about Cromwell you totally pretended to have read three years ago, says that Kate Middleton has a plastic smile, is "dead-eyed" and made for breeding. "Why does some stupid duchess get all the great compliments?" asks a sad Kim Kardashian.

And while on the subject of books you pretend to have read. The BBC is making a six-part series based on War and Peace.

Mila Kunis confirms she'd like to play Anastasia in 50 Shades. The rest of the world confirms that we would like for this annoying casting process to be over.

Robin Williams and Sarah Michelle Gellar will star in a comedy pilot together. It's going to be so funny when Buffy hunts and stakes Mork ... (Go ahead. Make the joke about Britney. It can't possibly be worse. – ed)

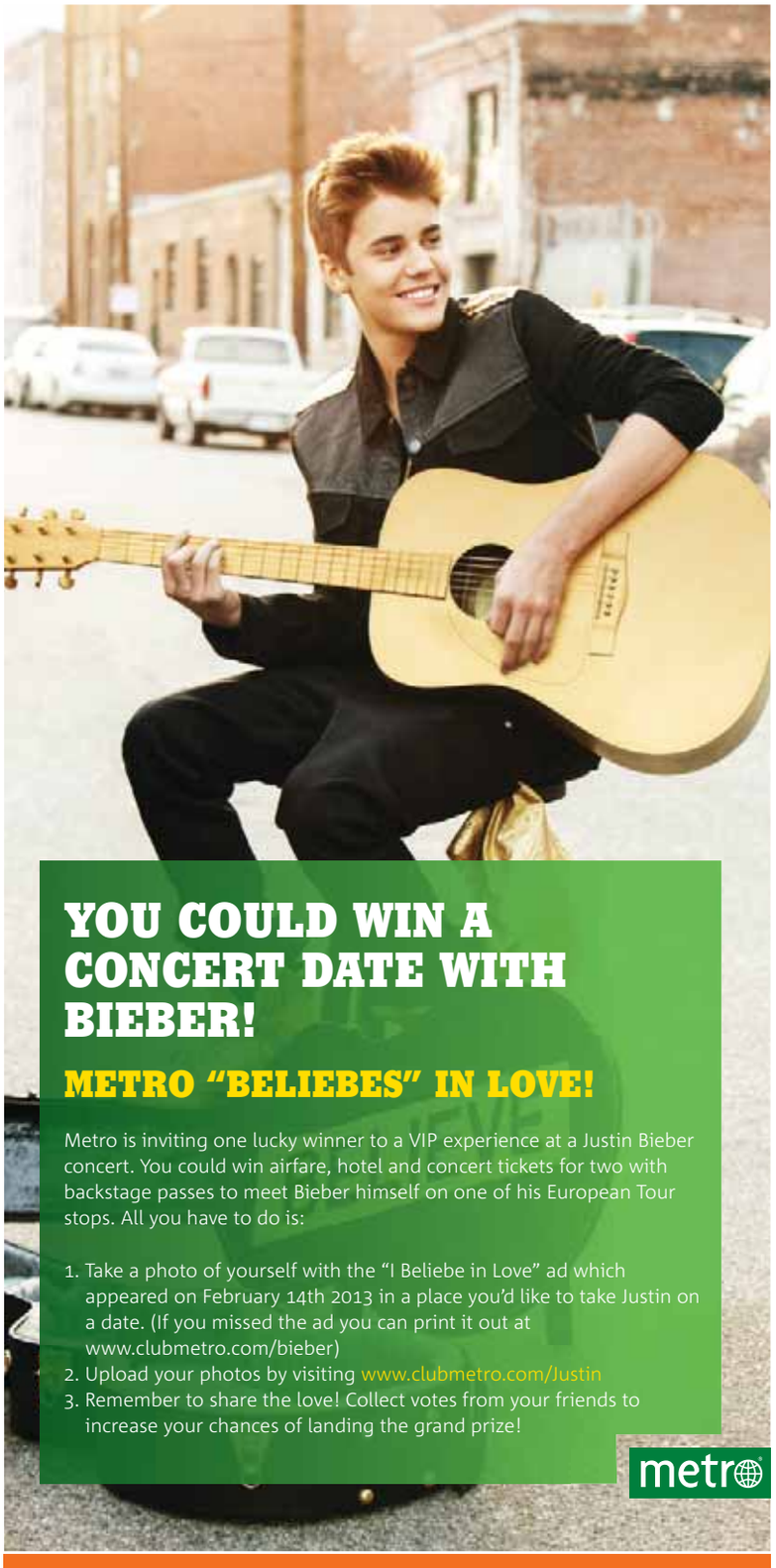
While her injured boyfriend is in pain and bleeding on a stretcher, Paris Hilton poses for a photographer right in front of him. Kris Jenner, Dina Lohan and Joe Simpson ask themselves what they did wrong and what Kathy Hilton did right.

A study suggests that it's better for your health if you just allow yourself to fart whenever you're on a plane. But not if you're sitting next to me.

Russell Brand says that remaking Arthur was a mistake. He finally got around to watching it. Good for him.

will.i.am

Celebrity Math Question: If Brendan Fraser claims that he cannot possibly afford to pay $900,000 a year in child support and Mary J. Blige has a new $900,000 lien against her, while will.i.am pays $900,000 for a custom-made car, why is Kevin Federline sad? Answer: because, no matter how hard he tries, all he can come up with is $57,000 in unpaid taxes.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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift ALL PHOTOS GETTY IMAGES

Swift accepts she could be subject of ex's music

Taylor Swift doesn't want to be a hypocrite, so she's fine with any of her more musically inclined ex-boyfriends penning tunes about their relationship with the pop-country crooner. "If I'm going to write songs about my exes, they can write songs about me," she tells InStyle UK. "That's how it works. I'm not going to complain about it. I'm not going to sit there and say, 'I'm the only one who can write songs about this relationship.' It's fair game."

Madonna

Madonna photos too hot for Instagram

Madonna's foray into photo-sharing may be short-lived if she doesn't clean up her act.

The singer recently joined Instagram, collecting more than 150,000 followers while posting provocative photos of herself as well as images of flowers, horses and artist Frida Kahlo. But she's also posted a warning she apparently received from the folks at Instagram about reviewing the site's community guidelines.

"We value these guidelines and believe that they will help keep Instagram a safe and fun place for everyone," the message reads. "It is important to note that continuing to violate them may result in a disabled account or discontinued access to Instagram without warning."

'You also could say I snorted half of Peru'

Steven Tyler

Steven Tyler estimates that he has probably snorted $5 million or $6 million worth of cocaine during his drug-abusing days, which is a far cry from his estimate of $20 million in his 2011 memoir. "But it doesn't matter," he tells Australia's 60 Minutes during an interview. "You also could say I snorted half of Peru, but it doesn't matter. You know, it's what we did."

Twitter

@KChenoweth
Just Said hello to Barbra Streisand. Happy now

@BetteMidler
AN UNDERGROUND GAY LOBBY AT THE VATICAN? AND THEY HAVEN'T CALLED MY AGENT?

@rosemcgowan
I hate everyone. Not you, everyone else.

@Sethrogen
Ah, awards season. Or as I know it, the time of year I learn that I'm too fat for all my suits.

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Spot-toning with tots

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Kathy Buckworth,
kathybuckworth.com

Forget the expensive gym if you have kids. There are more specific spot-toning exercises:

• Toddler squat: You will spend a torturous amount of time squatting in front of them in order to zip up coats, tie shoes, wipe noses, scrub away crusted-on ketchup, discipline and pull up unintentional low rise pants.

• Car seat resistance training: Children will take every opportunity to fight car seat confinement. This is most effectively achieved by back arching, kicking and arm flailing. It will take all of your strength and toning skills to firmly place the child in the seat while not snapping limbs (theirs).

• Flying boot maneuver: Sitting down and gently pulling off muddy boots takes up valuable time in a five-year-old's day. The preferred method is to stand on one foot, grasp the antique hall table with a sticky hand, and shake the other foot until the boot is sent flying into your new suede jacket. Duct tape boots to your child's pants to avoid strenuous ducking and dodging.

EXCERPTED FROM JOURNEY TO THE DARKSIDE: SUPERMOM GOES HOME BY KATHY BUCKWORTH, KEY PORTER BOOKS, 2007. THIS BOOK WILL BE AVAILABLE ON AUDIBLE.COM ON FEB. 27.

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Sadly mommy's gym membership fees aren't helping her build muscle or your RESP fund. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Switch to less violent TV for better-behaved kids: study

Picking Sesame Street over Power Rangers. Substituting shows the most short-term gains for low-income boys

Joe Jensen, 2, watches television as a special treat in the afternoon at his home in Seattle.. TED S. WARREN/THE ASSOCIATED PRESS

Teaching parents to switch channels from violent shows to educational TV can improve preschoolers' behaviour, even without getting them to watch less, a study found.

The results were modest and faded over time, but may hold promise for finding ways to help young children avoid aggressive, violent behaviour, the study authors and other doctors said.

"It's not just about turning off the television. It's about changing the channel. What children watch is as important as how much they watch," said lead author Dr. Dimitri Christakis, a pediatrician and researcher at Seattle Children's Research Institute.

The research was to be published online Monday by the journal Pediatrics.

The study involved 565 Seattle parents, who periodically filled out TV-watching diaries and questionnaires measuring their child's behaviour.

Half were coached for six months on getting their three-to-five-year-old kids to watch shows like Sesame Street and Dora the Explorer rather than more violent programs like Power Rangers. The results were compared with kids whose parents got advice on healthy eating instead.

At six months, children in both groups showed improved behaviour, but there was a little bit more improvement in the group that was coached on their TV watching.

By one year, there was no meaningful difference between the two groups overall. Low-income boys appeared to get the most short-term benefit.

"That's important because they are at the greatest risk, both for being perpetrators of aggression in real life, but also being victims of aggression," Christakis said.

Before the study, the children averaged about 1 1/2 hours of TV, video and computer game watching a day, with violent content making up about a quarter of that time. By the end of the study, that increased by up to 10 minutes.

Those in the TV coaching group increased their time with positive shows; the healthy eating group watched more violent TV.

Nancy Jensen, who took part with her now six-year-old daughter, said the study was a wake-up call.

"I didn't realize how much Elizabeth was watching and how much she was watching on her own," she said.

Jensen said her daughter's behaviour improved after making changes, and she continues to control what Elizabeth and her two-year-old brother, Joe, watch. She also decided to replace most of Elizabeth's TV time with games, art and outdoor fun.

During a recent visit to their Seattle home, the children seemed more interested in playing with blocks and running around outside than watching TV.

THE ASSOCIATED PRESS

Potential issue

The study has some flaws.

- The parents weren't told the purpose of the study, but the authors concede they probably figured it out and that might have affected the results.

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These rice cakes have 114 calories per serving (1 rice cake).
MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

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Serve these with soup and salad for a delicious lighter meal, or serve them as a side dish. The cakes can also be sautéed in a non-stick skillet sprayed with cooking oil. Try brown rice for a change, adding more stock if necessary.

1. Preheat the oven to 400 F. Spray a baking sheet with cooking oil.

2. For the rice cakes, bring the stock to a boil in a saucepan. Stir in the wild rice and simmer for 25 minutes. Add white rice, cover, reduce the heat to medium-low and cook for 10 more minutes, or until the rice is tender. Let the rice cool slightly. Drain off any liquid. Rinse with cold water.

3. Combine the cooled rice, garlic, mozzarella and Swiss cheese, green onion, Parmesan cheese, basil and eggs in a bowl. Stir until well mixed. Using a 1/3-cup measure, form the mixture into approximately 10 patties and place on the prepared baking sheet. Bake approximately 12 minutes per side, until browned.

4. For the sauce, heat the tomato sauce, milk and basil in a small saucepan.

5. Serve the rice cakes with the sauce on the side.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

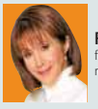
Ingredients

Rice Cakes
- 4 cups vegetable or chicken stock
- 1/2 cup wild rice
- 1/2 cup white rice
- 1 tsp minced fresh garlic
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup shredded Swiss cheese
- 1/4 cup chopped green onion
- 2 tbsp grated Parmesan cheese
- 1 tsp dried basil
- 2 eggs

Sauce
- 1/2 cup tomato-based pasta sauce
- 2 tbsp 2 per cent evaporated milk
- 1/4 tsp dried basil

Healthy eating

Choose it and lose it



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Everyone loves pasta but no one likes calories and fat so be warned that some pasta choices are loaded with an unhealthy combination of both.

Boston Pizza Smokey Mountain Spaghetti and Meatballs

1,730 calories / 63 g fat These are quite the "meat-a-ballas!" Literally a mountain of spagetti smothered in Bolognese sauce with large meatballs and cheddar cheese. This represents your entire day's calories and three quarters of your daily fat!

Equivalent

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The Study and Go Abroad Fair will take place March 3 at the Metro Toronto Convention Centre North Building, and will feature top-ranking universities and student travel companies from around the globe offering undergraduate and post-graduate programs, gap year options and adventure travel for students of all ages.

A full program of information seminars on a range of exciting topics is scheduled throughout the day starting at noon with a guest speaker from the Australian Trade Commission talking about study opportunities in Australia.

"This is a great opportunity for students to make their dreams a reality," says Anita Kuehnel, director. "There is a misconception that studying abroad is expensive, which doesn't have to be the case. University fees vary greatly depending on the country and the program, and various academic and athletic scholarships are available, especially in the U.S. and England."

Close to 100 universities from the U.S., U.K., Australia, Italy, Switzerland, the Caribbean and many other countries will be showcasing programs in medicine, law, pharmacy, hotel management, business, technology, science, and culinary and liberal arts among other fields.

Visitors who are planning a gap year, or looking for other travel options, can visit the Travel Pavilion for work abroad, volunteer, and internship programs.

Exhibitor profiles, scholarship information and seminar schedules for the Study and Go Abroad Fair can be found online at studyandgoabroad.com, along with details of the grand prize draw.

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The kids aren't alright: dealing with the sting of post-grad unemployment

Double whammy.
New book takes a sympathetic look at graduates dealing with a recession and demographic crunch

BRUCE WALSH
Metro World News In New York

Parents need to adjust expectations when their kids graduate, says author Bonnie Kerrigan Snyder. ISTOCK IMAGES

Bonnie Kerrigan Snyder graduated from Harvard in 1987 and was thrown into a sinking economy — and a job market not terribly interested in English majors. Today she's a family college consultant, and she sees her clients struggling with the same obstacles she ran into post-graduation — only much worse.

Her latest book, The Unemployed College Graduate's Survival Guide: How to Get Your Life Together, Deal with Debt, and Find a Job After College, mines some of the wisdom she picked up in the '80s and appropriates it for an even bleaker job market.

"I wanted to create a survival guide that took this job crisis seriously. This isn't advice you'd give to just any generation. This generation is unique in history, and the same rules just don't apply," says Kerrigan Snyder from her home in Lancaster, Pa.

"They're really caught in a double whammy. There's obviously a recession, but there's also a demographic crunch going on: There's just more older people now, and they're holding onto their jobs much longer."

Kerrigan Snyder's guide begins with a strong dose of emotional reassurance for post-grads feeling let down by their job status and judged by their parents.

"In my experience, the kids are more aware of the realities than the parents are.

"Parents are having a hard time adjusting their expectations," says Kerrigan Snyder.

"There is a way North Americans have approached college for generations: Choose a school first, discover what you're interested in while you're in school and start thinking about a job in your senior year.

"The stakes are so much higher for these kids, and we need to start thinking about the payoff from this investment a lot sooner."

Assessing the risk

The new realities

In her book, family college consultant Bonnie Kerrigan Snyder dissects the outdated wisdom of higher education.

Outdated thinking:
A college degree ensures financial security.

The new reality:
College can be a risky financial investment, and that risk needs to be hedged. A family only has so much money to help launch a child into the workforce. Diverting some of those resources toward a home or starting a business is a better strategy.

FROM THE UNEMPLOYED COLLEGE GRADUATE'S SURVIVAL GUIDE, ADAMS MEDIA, 2013

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When it comes to grad school, search wisely

Making a plan.
Continuing education can enrich your life and your career options, but it's important to know what to look for, says expert

DOUG SMITH
Metro World News in New York

As a coach and trainer for creative professionals, Dave Mowers says when starting out in graduate study, "You'll be surrounded by opportunity, new and fascinating people, lofty ideas, incredible demands and intense feedback and attention." Can you make it pay off? Mowers lays out what to know before committing the time and money.

Why should we think about grad school right now?
There are signs of economic recovery. We have many industries, and advanced training and education are key to the innovation movements across the board.

Are there common mistakes people make when deciding to apply or choosing a school?
The number one mistake is the assumption that any specific program will change your life and solve financial problems. People's second mistake is taking an initial rejection as a stopper. But the biggest mistake is taking on the cost without a realistic plan for managing finances after the program is complete.

Is enrolling in continuing studies classes a good alternative to immersing yourself in grad school full time?
Continuing studies programs offer an amazing route to achieving your career goals. Programs like this are staffed by professionals working in the field. Most of them participate because they are interested in cutting-edge development, staying current with thought leadership in their industry and sharing a passion for their discipline or work.

What to remember when taking the next steps:

Research is free.

Spend time online with schools that interest you, but also visit open houses. Learning about a school is the first step to learning from the school.

Applying is not committing.

Applications aren't cheap, but they're a small investment compared to the cost of attending a school. Find out what you need to succeed and take it from there. You don't have to accept.

Keep an open mind.

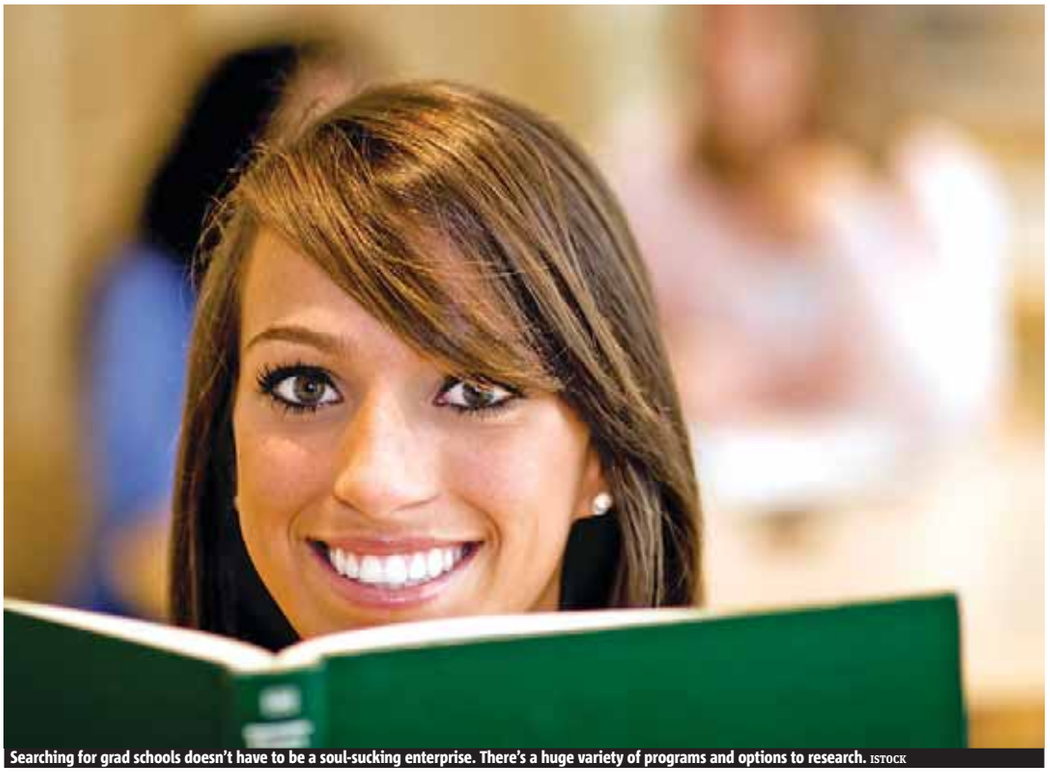
Sure, there is always a program ranked No. 1, but there are also other schools that may offer you better options for placement upon graduation.

Ask for it.

Graduate schools are competing for your business. Make sure you are meeting face-to-face with a committed team of people who will help you get the experience you want.

What happens after?

Business is still business when you finish, and it comes down to who you know. Graduate school should provide you with a network that will move you toward your professional goal.



Searching for grad schools doesn't have to be a soul-sucking enterprise. There's a huge variety of programs and options to research. ISTOCK

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Seven reasons to work in the travel industry

Destination dream job. Trends in the industry point to an increased value in expertise, specialized consultants

YLVA VAN BUREN
Metro World News in New York

If you thought a career in the travel business was no longer viable thanks to online booking, think again. There was a dip in the number of people booking with a travel professional when online booking opportunities exploded, but the challenge, frustration and disappointment of book-it-yourself holidays has resulted in a surge of travellers returning to a trusted and experienced travel consultant. Here's why travel is an exciting career — again!

1. The service trend is here to stay.

Leisure travel consumers are looking for trusted and knowledgeable information that's current and objective. They're tired of going it alone and wading through mountains of online travel data that often offers dubious advice. "People are in search of solid and reputable travel information," says Brenda Kyllo, vice president of travel for CAA's national office. "And, they're realizing that blogs, websites, and social media can't always be trusted."

2. Senior travel is exploding

As the senior population continues to swell, the demand for travel will grow right along with it. This demographic is helping build the current trend in group travel, says Kyllo. "Hiring travel consultants to arrange and manage groups of sightseers can only grow as a result."

Exciting trends in the travel sector promise an interesting and ever-changing career path. ISTOCK IMAGES

3. Do-it-yourself backlash

Kyllo says travellers are feeling frustrated and overwhelmed by the endless stream of online information. As a result, many are turning back to travel professionals, a move that has created an upswing in the travel industry. "There's too much information and not enough inspiration when it comes to travel," says Kyllo. "People need travel planners because they're overwhelmed with the amount of information that's offered."

4. The new travel agent

Travel agents of yesteryear are travel planners and travel consultants now. The way to a truly successful career in travel is to specialize, says Marco Pozzobon, communications director for the Association of Travel Agencies (ACTA).

"The talented agents are breaking into niches such as luxury, adventure, weddings and honeymoons," he says. "And, they are making good money through commissions and service fees. These agents view themselves as consultants and as such charge appropriate fees."

5. Destination expertise is valued

If you enjoy sharing your travel know-how, then travel is the perfect industry for you. While you'll always have your fly-and-flop vacationer, many of today's travellers want inspiring experiential trips. Who better to suggest destinations than a pro who has been there? "People want authenticity and sustainability in their travel," says Pozzobon. "They want to go to Africa and stay in a four-person camp with local tribes."

6. Demographics

There's actually a new group travel trend in North American — multi-generational families and larger groups of friends travelling together.

These groups naturally have conflicts thanks to the diversity of interests and ages. They want a travel planner or consultant to defray issues and right wrongs instead of everyone pointing a finger at Uncle Harry.

7. Scarcity of Travel Professionals

With the average age of travel planners in their mid-50s, the profession could soon be facing a shortage. That bodes well for new blood coming into the industry. Where are the jobs? Travel professionals are self employed or work for travel agencies, hotels, airlines and tour operators and cruise lines.

The great web of work

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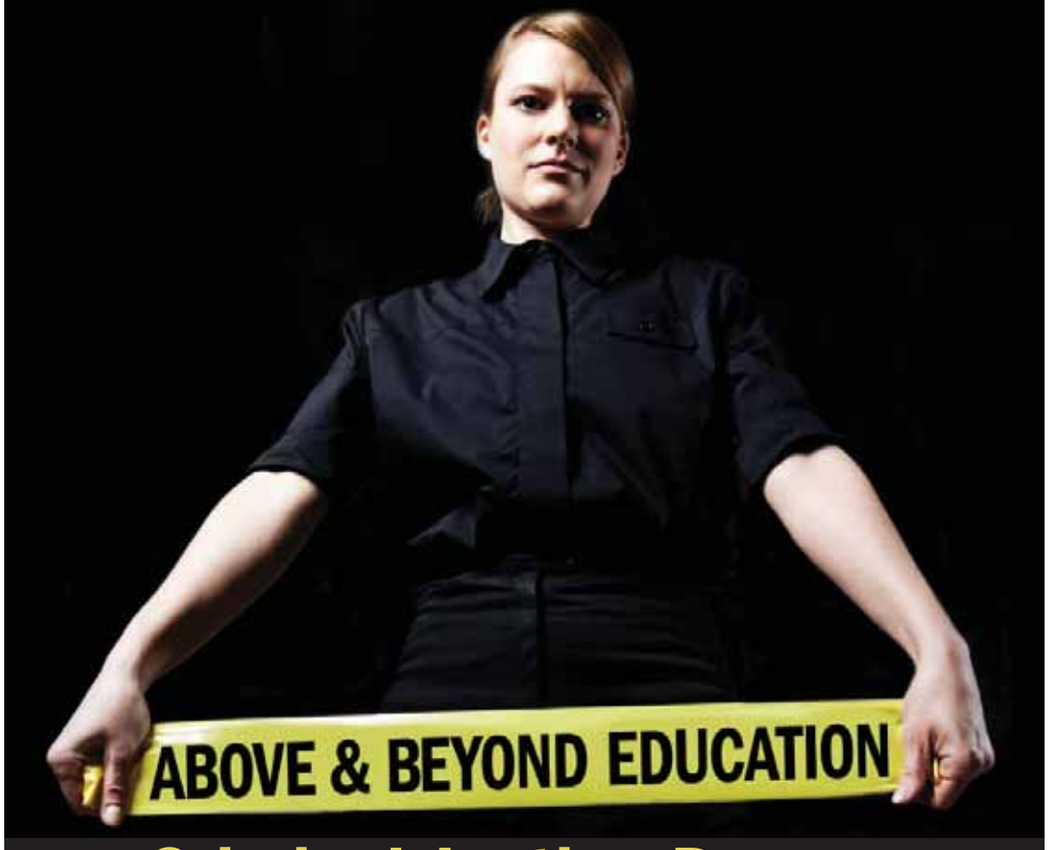

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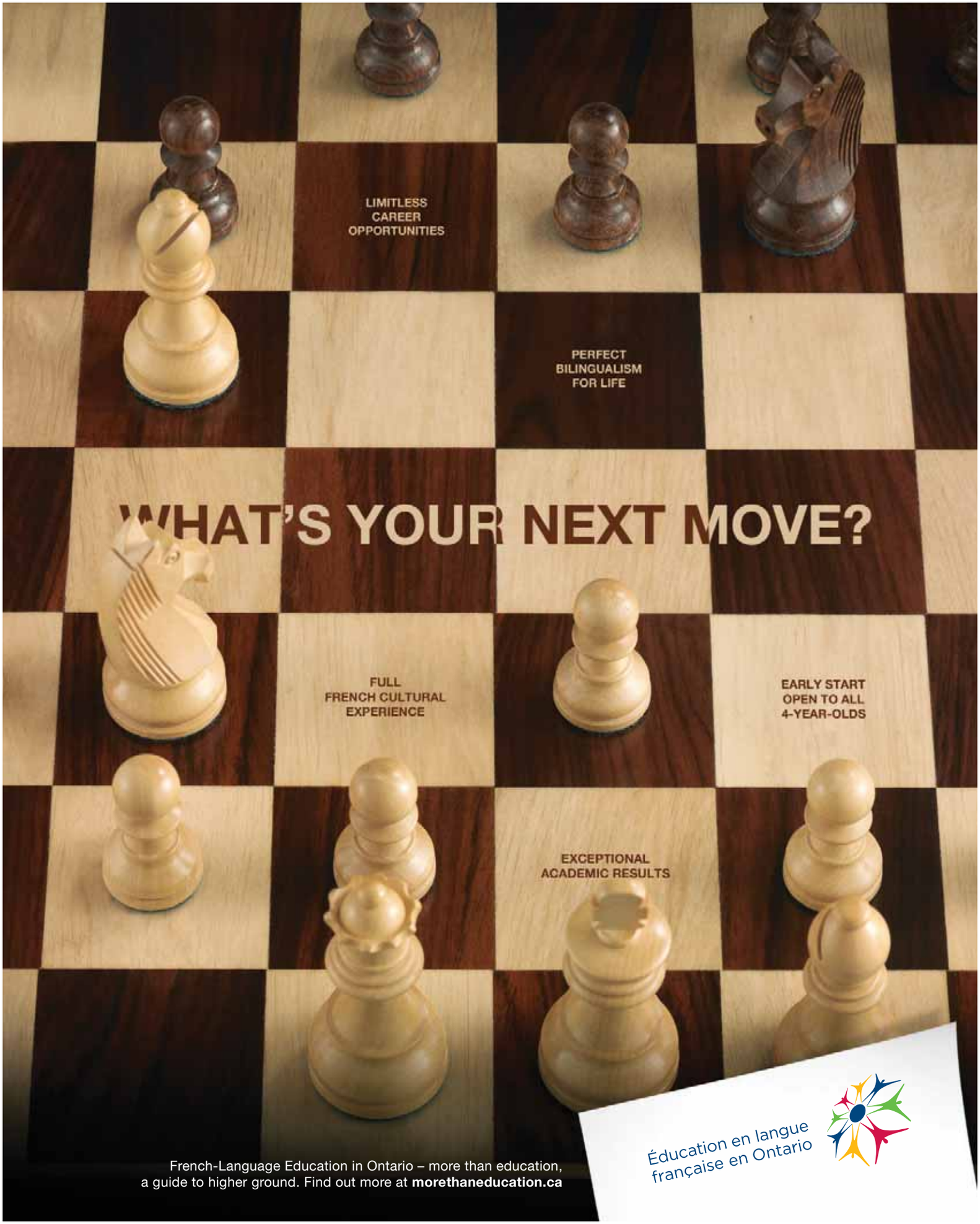
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Careers

Building on a passion

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Name: Carla Smith
City: Vancouver
Age: 33
Occupation: Architect

Fascinated with the buildings of Vancouver, Carla designed her first dream home when she was 11 years old.

Following her passion for architecture, she was awarded a full scholarship at the University of Southern California and went on to land her first job in Boston.

Realizing that she missed her family, she moved back to Vancouver in 2007. She currently works at a local firm and says that she's always pushing herself to make a design better because the extra effort makes a huge difference for the client and leads to overall satisfaction with her job.

I knew I was on my way when...

I got my first full-time job in Boston. I was working on a multi-family residential project for a hotshot developer when two senior architects left the company, leaving me in charge of the project. I was inexperienced and it was "baptism by fire" but I got the job done.

Architecture is a lifelong learning experience and I don't think you ever feel like you've got it. You're always discovering new things with every project you work on. It's never going to get boring and the long hours are worth it in the end.

Action Plan

Don't let your perceived barriers stand in your way.

People often say, "I wanted to be an architect but I can't draw," or, "I'm no good at math". Drawing is a skill that anyone can learn and I never took a single math class in university. You can tailor a career in architecture that fits with your particular skills.

You have to want it.

An architecture education and career are only going to be rewarding for those who have a passion for it.

Bring something fresh.

It's easy to get locked into doing things the way they've always been, but the most memorable and successful designs are those that bring a touch of fun and something unique.

Carla Smith leapt headfirst into a career in architecture. GAILE GUEVARA

Lost your job? Here are some tips on making a graceful exit

Now what?
A positive outlook, solid references and a clean online profile can all help smooth over the transition during unemployment

YLVA VAN BUREN
careerbear.com

Losing your job can be tough, but it's important to avoid cynical feelings about your old workplace, says Mandrake CEO Stefan Danis. ISTOCK PHOTO

If you've just been handed a pink slip and were escorted out the door by your boss, the first thing you should do is take a deep breath and prepare wisely for the next step in your work life. Stefan Danis, chief executive officer at Mandrake, provides this advice and suggests a timeline of one or two months to get started.

1. Be selective about who you speak to right away in your business network. You don't want to be emotional with colleagues. "It's important to first create the right narrative for what has happened and what is going to happen," Danis says.

2. Take time to regroup. In most cases, it's going to take far longer than you think to get back up and be re-employed, and you will go through stages of anxiety, fear and concern. Take advantage of available EAP assistance or speak to a career counsellor or an executive coach.

3. Set yourself up as a contract worker as soon as possible — if it's appropriate in your industry. "Your focus becomes one of trying to solve a potential organizational need and solving needs is a repeatable activity. If you use your network to look for a job and you're unemployed, you can only go to your network once. It's different if you're a contract worker and can go back a few times and talk about their issues — not yours," says Danis.

4. Prepare your resumé and line up at least three references including one from your last job. "Hiring organizations want to mitigate the risk of a bad hire. Offering references upfront helps to do this. It's a critical error to be dismissive and cynical when it comes to an end. You want the head of HR to remember what you did while there as opposed to how you left," Danis says, adding that more than three references will be an advantage.

Onward and upward

"This is the time to start with the end in mind and move in that direction, uninhibited by the past job and our reaction to losing it."
Stefan Danis, CEO, Mandrake

5. Craft your online presence. Set up your own webpage, get onto LinkedIn to grow your network and review and clean up your Facebook account — anyone who interviews you will likely Google you first.

6. Do some self-inquiry work to ensure the path you want to take is not based on an emotional response to what just happened, Danis says. Make sure you're not trying to continue on the same path when other options may be better. Think about your values. What makes you happy at work? When you're in a career transition, this question could help you figure out where you should work and why.

7. Be positive. "I'm a believer that what you radiate early in your networking will have a significant impact on where your journey's going to lead you," Danis says. According to the CEO, the resumé gets you the interview but then your attitude determines why you stand out from the other candidates. Remember also that staying positive is important because "on the other side of a few weeks out lurks unmet expectations and possibly a negative attitude." This includes cynicism and anxiety, which are natural feelings that come from being unemployed.

Now you're ready to send an announcement or email to your network talking about your consultant work.

"Be sure to do some inquiry work after you have lost your job. We tend to revert to what is easy as opposed to what's right for us," Danis said.

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Ex-manager Farrell will get warm welcome: Bautista

MLB. Blue Jays slugger says he has no issue with old coach team will face on Monday at spring training

Toronto Blue Jays slugger Jose Bautista says former manager John Farrell will get a warm welcome when he brings his Boston Red Sox for a spring training game on Monday.

"Why not?" the star outfielder said Sunday. "As a person I like him. As a manager I like him. He never did anything bad or wrong to me. You can't blame somebody for having a desire to get to a certain place in his career.

"At least he said it and made it obvious and made it known to everybody. And he had a chance to pursue his dream. I would rather him be there doing that than be with us and wanting to be there."

Farrell asked to be released by Toronto after the 2012 season to manage in Boston, which he called his "dream job."

Eventually the Jays agreed on a compensation deal in October that saw infielder Mike Aviles come to Toronto and right-hander David Carpenter go to the Red Sox.

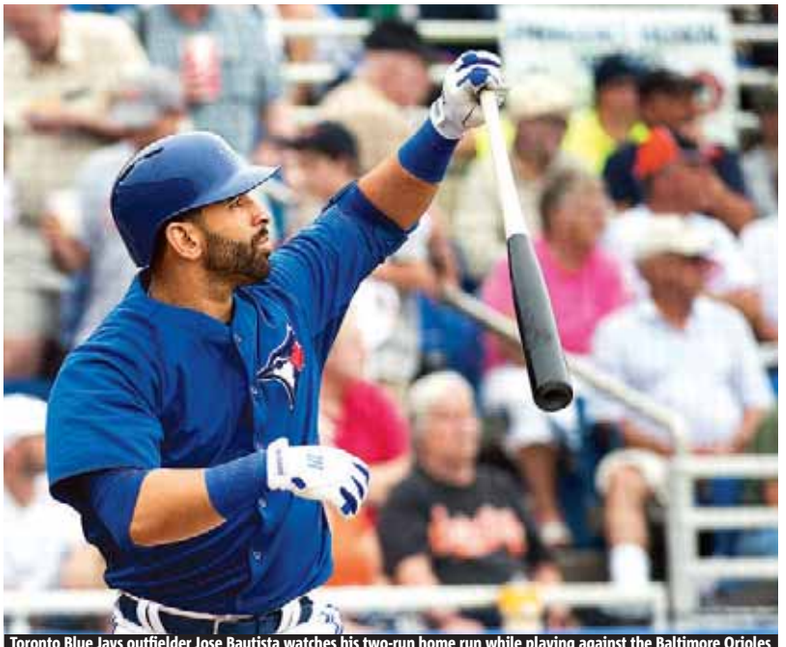
Farrell spent four seasons as Red Sox pitching coach from 2007 to 2010 before managing two years in Toronto.

The Red Sox visit will also see the return of third base coach Brian Butterfield, who left Toronto to join Farrell in Boston.

Knuckleballer R.A. Dickey will make his spring debut against a Boston split-squad Monday. Another Boston team will play at the Tampa Bay Rays. THE CANADIAN PRESS

Quoted

"Yeah, I'll go say hi to him, talk to him, see what he's doing, see how's he's feeling. Normal chit-chat. And then I'm going to try to kick his ass." **Jose Bautista** on greeting Boston manager John Farrell.



Toronto Blue Jays outfielder Jose Bautista watches his two-run home run while playing against the Baltimore Orioles Sunday in Dunedin, Fla. NATHAN DENETTE/THE CANADIAN PRESS

Bautista blast

One of the Blue Jays' major concerns heading into camp was the condition of Jose Bautista's surgically repaired left wrist after he missed most of the final three months of the 2012 season.

- On Sunday, in a 5-4 loss to the Orioles at Florida Auto Exchange Stadium, Bautista slammed his first home run to deep left-centre field.
- "I've said it all along: It feels good," Bautista said. "Took a couple of big hacks today in good hitter's counts. It felt perfect." TORSTAR NEWS SERVICE

Ontario's Homan strikes gold at Scotties

Ontario skip Rachel Homan, centre, celebrates her team's victory at the Scotties Tournament of Hearts with third Emma Miskew, left, and second Alison Kreviazuk on Sunday at Kingston's K-Rock Centre. RYAN REMIORZ/THE CANADIAN PRESS

Ontario's Rachel Homan defeated Manitoba's Jennifer Jones 9-6 on Sunday night to win the gold medal at the Scotties Tournament of Hearts.

It was the first national women's curling title for Homan and her Ottawa Curling Club team of Emma Miskew, Lisa Weagle, Alison Kreviazuk and alternate Stephanie Drew. They will represent Canada at next month's world women's curling championship in Riga, Latvia.

"I can't even comprehend what just happened right now," Homan said. "It's unbelievable."

The Ontario skip hugged her teammates and coach after the victory and was overcome with emotion while speaking to reporters after the win.

The partisan crowd at Kingston's K-Rock Centre roared its approval in the opening end as Homan jumped out to an early lead. Jones crashed on a guard and Homan made a nice draw to score three.

Jones, a four-time national champion, tied the game with a double in the sixth end but Homan regained the lead in the seventh.

She cleared two Manitoba stones from the eight-foot with her first shot. Jones was heavy with her final throw, leaving Homan with a draw to score three and the crowd erupted when she nailed it for a 7-4 lead.

Ontario padded its lead with a steal of two after Jones missed a triple takeout attempt in the eighth end. THE CANADIAN PRESS

Quoted

"They played lights out and they deserved to win today."

Manitoba's Jennifer Jones on Rachel Homan's Team Ontario.

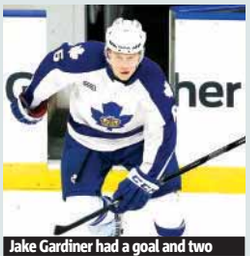
AHL

Gardiner leads way as big 2nd period gives Marlies win over IceCaps

Jake Gardiner made sure the Toronto Marlies got back on track.

The slick defenceman had a goal and two assists Sunday as Toronto snapped a three-game losing streak with a 5-4 victory over the St. John's IceCaps in the American Hockey League.

The Marlies, who had lost five of their previous six games, scored five times in the second period and then held on for the win as the IceCaps responded with three unanswered goals in the third, including two in the final 70 seconds. THE CANADIAN PRESS



Jake Gardiner had a goal and two assists in the Marlies' 5-4 win over St. John's on Sunday. TORSTAR NEWS SERVICE

World Baseball Classic

Martin pulls out on Team Canada

Russell Martin won't moonlight at shortstop after all.

Pittsburgh's catcher says he won't play for Team Canada in the World Baseball Classic because Canadian and Pirates officials don't want him to move from his normal position. THE CANADIAN PRESS

NBA

"Amnesty THAT"

Kobe Bryant's tweet after scoring 38 points against the Dallas Mavericks on Sunday. Mavericks owner Mark Cuban had suggested in a radio interview the Los Angeles Lakers could reduce their salary-cap tax by dumping Bryant through the amnesty clause. Cuban said before the game he was speaking hypothetically. The Lakers beat the Mavs 103-99.

NASCAR. Johnson returns to form at Daytona 500

A big first for Danica Patrick, but an even bigger second for Jimmie Johnson.

Patrick made history up front at the Daytona 500 Sunday, only to see Johnson make a late push ahead of her and reclaim his spot at the top of his sport.

It was the second Daytona 500 victory for Johnson, a five-time NASCAR champion who first won the "Great American Race" in 2006.

"There is no other way to start the season than to win the Daytona 500. I'm a very lucky man to have won it twice," said Johnson, who won in his 400th career start. "I'm very honoured to be on that trophy with all the greats that have ever been in our sport."

It comes a year after Johnson completed only one lap in the race because of a wreck, and just three months after Johnson lost his bid for a sixth Sprint Cup title to go two years without a championship after winning five straight.

Patrick, the first woman to win the pole, also became the first woman to lead the race. She was running third on the last lap, but faded to eighth at the finish and admitted she'll replay it over in her mind.

"I would imagine pretty much anyone would be kicking themselves about what they coulda, shoulda have done to give themselves an opportunity to win," she said. "I think that's what I was feeling today, was uncertainty as to how I was going to accomplish that."

THE ASSOCIATED PRESS

Lowe's Chevrolet driver Jimmie Johnson celebrates in victory lane after winning the Daytona 500 on Sunday in Daytona Beach, Fla. CHRIS GRAYTHEN/GETTY IMAGES

Bargnani struggling with his game and ACC faithful

NBA. Longest-serving Raptor feeling the heat from home crowd as he looks to regain form

It's a rather matter-of-fact Andrea Bargnani who stands and answers questions about his treatment by Raptors fans at the Air Canada Centre.

The longest-serving member of the Toronto team has heard the boos in games the past couple of weeks. The derision is not overwhelming, but it's difficult to ignore. And he faces queries head-on.

"I'm not happy about it, obviously, but there's nothing I can do about it," he said after a Sunday workout. "There's not much I can do. I have to keep working hard, especially in practice."

Bargnani's treatment at home has taken some of the shine off exemplary play by the Raptors. They've won six of their last seven and sit within four games of the eighth and final Eastern Conference playoff spot.

"We've still got a shot at the playoffs so I've got to try to help as much as I can these last 25, 26 games we have," he said. "Coming from a long injury, I have to find my shape, my rhythm."

Getting Bargnani fully involved offensively would be a significant improvement. Coach Dwane Casey knows he has to get more out of the seven-year veteran.

"There are sets that we're going to run more that feature Andrea," Casey said.

"We just have to get his mojo going. His demeanour is fine (with the team). We just have to get him aggressive offensively."

TORSTAR NEWS SERVICE

Quoted

"He can control the crowd by his play, his approach, his body language."

Raptors coach Dwane Casey says Andrea Bargnani has a shot at winning fans over.

Boos have rained down on Toronto Raptor Andrea Bargnani at the Air Canada Centre recently. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

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Horoscopes

Aries
March 21 - April 20
Luck comes to those who think they deserve it, so believe you are being looked after by a lucky star and good fortune will most likely smile on you this week. Life doesn't have to be all about doom and gloom.

Taurus
April 21 - May 21
What occurred over the weekend may not have struck you as funny but it should have. What happened to your sense of humor? Or do you only laugh when the joke is on someone else? Lighten up, it's life.

Gemini
May 22 - June 21
Try to be tactful if you have to explain to a friend or work colleague how and why they got something wrong. There is a right way and a wrong way to point out mistakes. Choose the right way.

Cancer
June 22 - July 23
Major changes are on their way. Don't bother trying to fight them. The forces at work are far too strong for you to stand against them. And why would you want to when they are in your favor?

Leo
July 24 - Aug. 23
Even difficult situations should be easy to handle today. However, one thing you need to be aware of is that travel and social plans may be subject to delays. There's not a lot you can do but grin and bear it.

Virgo
Aug. 24 - Sept. 23
It would appear that something has been bubbling away in your subconscious for some time but is now ready to break though and be taken seriously. It will lead to some radical changes in the way you think.

Libra
Sept. 24 - Oct. 23
A new arrival on your social scene is a little bit shy, so put on your best smiley Libra face, take them by the hand and show them around. Before you know it you will be the firmest of friends.

Scorpio
Oct. 24 - Nov. 22
You may be industrious but you cannot possibly do it all on your own. Seeing as how you have so much work to plough through over the next few days, why would you even want to consider it?

Sagittarius
Nov. 23 - Dec. 21
If certain avenues of expression are blocked to you today maybe you should see it as the planets' way of telling you that an alternative route needs to be found. Think for yourself and realize you have so many choices.

Capricorn
Dec. 22 - Jan. 20
There is no point getting emotional about things over which you have no control. There are still many issues you can have a say on and those are the things you must focus on now. Get real and stay real.

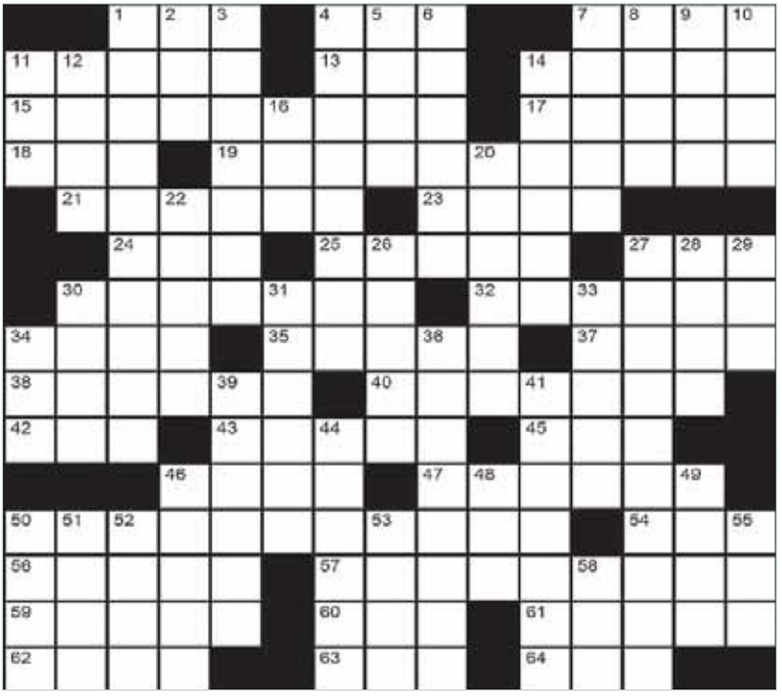
Aquarius
Jan. 21 - Feb. 19
If what a friend requests of you is beyond your powers to deliver you must let them know immediately. Don't pretend that you might be able to help them when, deep down, you know it isn't going to happen.

Pisces
Feb. 20 - March 20
The storms clouds of recent weeks have begun to break up and the sunshine is now pouring through. Think positive, act positive and believe that positive things are going to occur over the next few days – and they will.

SALLY BROMPTON

Crossword: Canada Across and Down

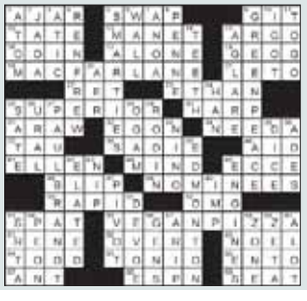
BY KELLY ANN BUCHANAN



Across
1. __ Royal Highness
4. Faith, for short
7. Niagara-on-the-Lake theatre festival in Ontario
11. "It takes __ __ tango."
13. Ms. Green of "Casino Royale" (2006)
14. Winter/Summer Olympian Ms. Hughes
15. Deficient in energy
17. Keep an __ __ mystery
18. B-F inbetweeners
19. Adjustment back to order
21. From longest ago
23. Simplicity
24. 'Par' add-on (Sitting room)
25. Lead/tin alloy
27. __-mo replay
30. Seaside
32. Credit card user
34. Criminal associations
35. Breath _ __ of relief
37. Phoned
38. Early-1900s art movement
40. Paper craft of Japan
42. Undercover agent
43. Sample food
45. Dem's political rival
46. Prefix with 'dynamic'
47. Sculptor's tool
50. Canadian potato chips since 1987: 2 wds.
54. Flatline
56. Furious
57. Winnipeg band, __ __ Dummies
59. Ancient king of Crete
60. One: German
61. Radiant visions of light
62. "This __ __ outrage!"
63. Web feed syst. for updates
64. Climber's li'l conquests

Down
1. Hub of activity for guests, bellhops, checking in, etc.: 2 wds.
2. Shakespearean suffix
3. Lions as sound-makers
4. Boat race meets
5. Good vs. __
6. More like a doily
7. Gooey gunk
8. Rabbit-like animal
9. Elvis Presley's middle name at birth
10. Float, as a scent
11. "No Scrubs" group
12. 1995 Montell Jordan hit: "This Is How __ __ It"
14. "I __ for Miles" by The Who: 2 wds.
16. Hi-__ graphics
20. Ben Kingsley title film role
22. "__ __ _ say, not..."
26. Poet T.S. (b.1888 - d.1965)
27. Calgary's football team
28. Actress Ms. Anderson
29. Association, for short
30. Sudden political takeover
31. Type of soy sauce
33. Hillsides
34. Rap music's Hammer, et al.
36. Ancients like Aristotle
39. Mr. McQueen's
41. Bestselling author John
44. Many call it football
46. British car, __ Martin
48. She's opposite
49. Ms. Kudrow
50. Mariah Carey album: 'The Emancipation of __'
51. Goo Goo Dolls hit
52. Capital city of Yemen [var. sp.]
53. Reality star Ms. Jenner
55. Ands: French
58. Famed tomb king

Friday's Crossword



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Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6		8		1				
			6				2	
	5			9		7		
7		1	4		3	6		
	8						5	
		3	8		1	4		9
		5		2			3	
	7				4			
				3		2		1

Friday's Sudoku

7	8	3	4	9	1	6	2	5
4	5	2	6	7	3	1	9	8
1	9	6	5	2	8	7	4	3
8	2	4	1	5	6	9	3	7
5	7	9	2	3	4	8	1	6
6	3	1	9	8	7	2	5	4
9	4	8	3	6	2	5	7	1
3	6	5	7	1	9	4	8	2
2	1	7	8	4	5	3	6	9

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